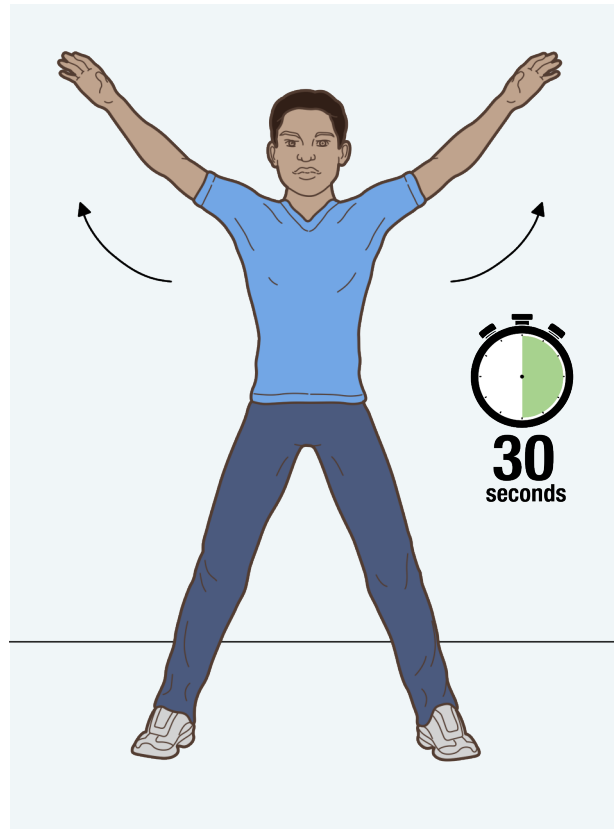
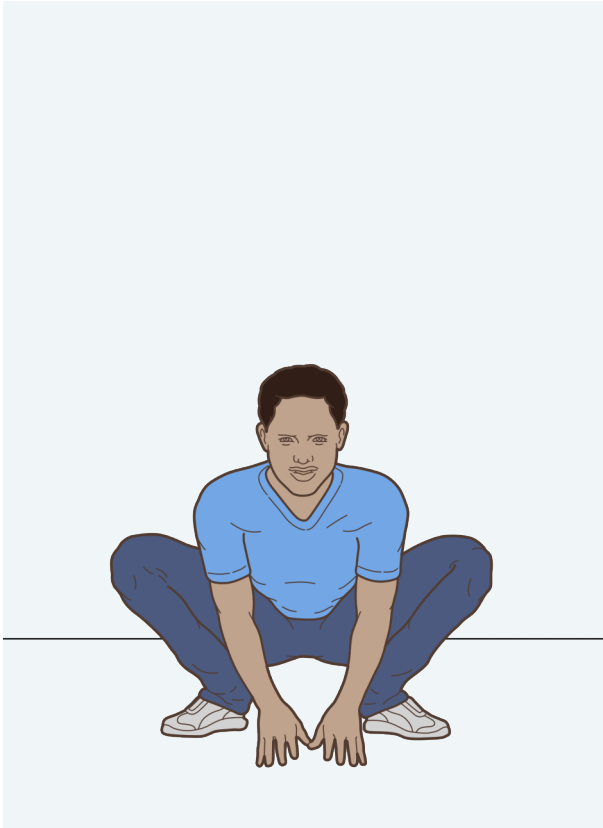


Activity 37: Frog squat jump

Video demonstration



1. In a standing or sitting position, find your pulse on your neck or wrist. Record your pulse for one minute.



2. Stand tall with your feet a little wider than hip width and slightly turned out. Squat down into a frog position and place your hands on the ground between your legs.
3. Spring off your bent legs, throwing your arms into the air. Repeat this squat and jump action for 30 seconds.
4. Stand up and find your pulse on your neck or wrist. Record your pulse for one minute. (Younger students who cannot count reliably may use smart watches or pulse oximeters for this activity or they can simply be guided to notice the quality of their pulse, e.g. hard/soft, fast/slow etc.)

What did you notice about your pulse after completing the frog squat jump activity compared to your pulse before the activity? Did the pulse feel different as well as being quicker?